



Claiborne County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Claiborne County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Claiborne County School System that includes:

- School Health Advisory Committee
- Eleven Healthy School Teams
- School Health Policies strengthened or approved- Health and Wellness, Physical Activity 90 minutes, school snacks healthier, skim and 1% milk only in cafeterias timers on snack machines high schools.
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$84,740.00.

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ Health Dept | ➤ Mercy Health partners |
| ➤ LMU Medical School | ➤ National Guard Drug Task Force |
| ➤ LMU Health and PE Dept | ➤ Walmart |
| ➤ Evenstart | ➤ Lee Chevrolet |
| ➤ Cherokee Health Systems | ➤ Stanifer Drugs |
| ➤ UT Ag Extension | ➤ First Century Bank |
| ➤ Farm City Day | ➤ Citizens Bank |
| ➤ Claiborne County Health Council | ➤ TNCEP, Tendercare |
| ➤ Truth About Drugs | ➤ National Guard Army Drug Task Force |
| ➤ Biggest Loser | ➤ City of Tazewell |
| ➤ Claiborne County | ➤ City of New Tazewell |
| ➤ Get Fit | ➤ City of Harrogate |
| ➤ Tazewell Police Dept. | ➤ Ollie The Otter |
| ➤ Chamber of Commerce | ➤ Claiborne County Sheriff |
| ➤ Mayors Office | ➤ Clinch Powell program |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities including health screenings, flu mist, Biggest Loser, Get Fit, TNCEP, and TenderCare. Currently, 62 parents are collaborating with CSH;

Students have been engaged in CSH activities that include health screenings, Farm City Day, Race For School Health, and healthy school teams. Approximately 148 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Claiborne County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 1,695 screened and 199 referred;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. The Claiborne County School System obesity rate is currently 23.0 in 2011 showing a 1.1% improvement since 2009, which was 24.1;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: six walking trails, Michigan Model curriculum, physicals for faculty and staff, Mercy Health Systems, PE equipment: mini trampolines, balls, jump ropes, exercise mats, Wii Fit, bean bag games, and health workbooks;

Professional development has been provided to school health staff. Examples include TAPHERD, Take 10!, Brain Gems, mile run protocol, introduction to new games and activities;

School faculty and staff have received support for their own well-being through Mercy Health Systems blood work, BMI, blood pressure, Biggest Loser, Get Fit, and walking trails.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues. They include building of walking trails, power walks, snack machines, removal of fryers in cafeterias, serving 1% and skim milk only in all schools, Michigan Model curriculum, Take 10!, drug education, Race For School Health, Walking Works for Schools, Biggest Loser, discounts for faculty at local exercise clubs, LMU Medical School mini medical school and What's In The Bag programs, health screenings, Mercy Health Systems blood work for students and faculty, flu mist and shots for students and faculty, and a hired full time psychologist.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Family Life- Health Dept, Truth About Drugs, meth education, District Attorney's office, anti-smoking curriculum, seat belt safety, and nutritional eating;
- Physical Education/Physical Activity Interventions – walking trail, bean bag games, walking works, power walks, mile run rewards, in-service PE teachers- new games, Brain Gems for classroom teachers, and Take 10!;
- Nutrition Interventions – Healthy Eating UT Extension Service, Michigan Model nutrition section, smaller portions-UT Extension, removal of whole milk and 2% from cafeterias;
- Mental Health/Behavioral Health Interventions – hired school psychologist- E.L. Adams Mental Health team and leader.

In such a short time, CSH in the Claiborne County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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